



**Superior Capsular Reconstruction Rehabilitation
Phase I (1-3 weeks post-op)**

Goal:

- **Maintain integrity of the reconstruction**
- **No rotator cuff tissue repaired; therefore do not expect significant changes in UE strength**
- **Initiate safe and gradual passive range of motion**
- **Diminish pain and inflammation**
- **Decrease muscle tightness and spasms**

Precautions:

- **No lifting of objects**
- **No functional use of affected hand**
- **No driving**
- **Minimal computer work 15-20 minutes • no greater than 2 hours total (AFFECTED arm must be in sling)**

Sling: 4 weeks post-op unless specified

RANGE OF MOTION

Initiate PT 4-7 days post-op:

Flexion, Scaption and ER

Pulleys, and non-swinging pendulums

Goal by the end of 3 weeks: Non-painful ROM Flex 0-110, Abd 110, ER 10

STRENGTH:

Beginning at week 2

sub-max isometrics 1-2x 10 reps: flex, ext, ER IR, and ABD

THERAPIST:

- **Initial evaluation**
- **PROM in Flexion, Scaption, and ABDuction and ER**
- **Soft tissue mobilization to upper, mid and lower trap**
- **Decrease pain modalities**

Activities:

No functional use of the involved arm



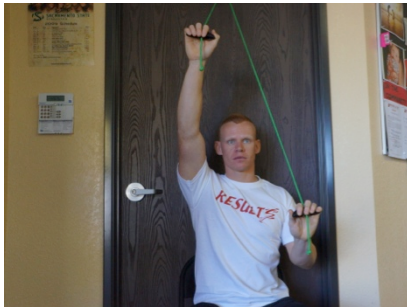
Standing Pulley Flexion



Pulley Scaption "V"



Pulley External Rotation



Pulley Flexion



Pulley Scaption "V"



Pendulum

SUB-MAXIMAL ISOMETRICS

Directions: perform 1-2x/day
 2 sets x 10-12 reps
 Push very lightly against the wall hold for 2-3 seconds



Flexion



Abduction



External Rotation



Internal Rotation